Enumclaw

Alternate formats available upon request.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7:30 am	Early Riser Lap Swim					
7:30 - 8:30 am						
8:30 - 9:30 am	Water Exercise		Water Exercise		Water Exercise	
9 am - Noon	Lessons					11 - Noon Lap Swim
Noon - 1:15 pm	Lap Swim					
1:15 - 2:15 pm	Pool Maintenance					12 - 6 pm Pool Rentals Available
2:15 - 3:15 pm	Public Swim \$1.85					
3:15 - 4:15 pm	Public Swim \$1.85					
4:15 - 7 pm	Rainie	King County Lessons 6 - 7 pm Family and Swim Foothills Swim Team 4:30 - 6 pm \$1.85			6 - 7 pm Family Swim \$1.85	
7 - 8 pm	75¢ Swim	Public Swim \$1.85			Public Swim \$1.85	
8 - 9 pm	Deep Water Ex, Lap Swim & Lessons	Water Exercise & Lap Swim	Deep Water Ex, Lap Swim & Lessons	Water Exercise & Lap Swim	Public Swim \$1.85	Public Swim \$1.85

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usuage.



420 Semanski St. South Enumclaw, WA 98022 Phone: 360-825-1188

Relay: 1-800-833-6388 www.metrokc.gov/parks

Summer Schedule June 25 - August 31, 2001 *Closed July 4 at 4:15 pm Closed Sept 1 - 3 for Labor Day

SUMMER SWIM LESSONS

Mornings
Jun 25 - Jul 6
Jul 9 - Jul 20
Jul 23 - Aug 3
Aug 6 - Aug 17
Aug 20 - Aug 31

Evenings M/W or T/Th Jun 25 - Jul 26* Jul 30 - Aug 30

Registration begins up to three months before the start of the class. See *Registration Policy*.

LESSON REGISTRATION

General registration information is given on the inside of the schedule cover. Lesson registration is available during regular office hours, 9 am - 7 pm.

PRIVATE LESSONS

A private or semi-private lesson is an option available to fulfill a special need. Great for students who may need extra help on a specific skill or for adults who would like more practice time between classes than are offered by group lessons.

WATER EXERCISE

A drop-in aerobic program set to music for men and women of all ages and levels. This is a fast-paced class designed to increase strength and flexibility while burning body fat. Times and dates in box.

COMPETITIVE SWIMMING

Rainier Foothills Swim Team (RFST) is a USS team for all levels, from precompetitive to Masters. Open to any swimmer who is above a Youth Level 4 swimming ability. For more information, call 360-897-2786.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M - F	6 - 7:30 am
M - F	Noon - 1:15 pm
M - Th	8 - 9 pm
Sa	11 - Noon

Public Swimming

M - F	2:15 - 3:15 pm
M - F	3:15 - 4:15 pm
M, 75¢	7 - 8 pm
T - Sa, \$1.85	7 - 8 pm
F, Sa	8 - 9 pm

Family Swimming

F, Sa 6 - 7 pm



EXERCISE PROGRAMS

Water Exercise

M, W, F	8:30 - 9:30 an	n
M, W (deep)	8 - 9 pn	N
T, Th	8 - 9 pn	N